

Counting

1
Ichi

2
Ni

3
San

4
Shi

5
Go

6
Roku

7
Shichi

8
Hachi

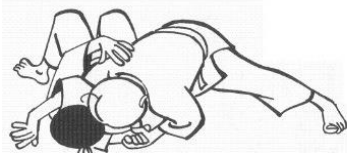
9
Ku

10
Ju

Hold downs



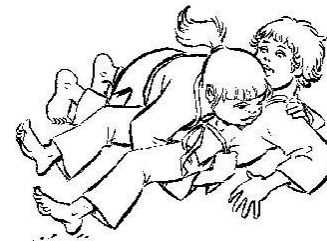
**Kesa
Gatame**



**Kata
Gatame**



**Tate Shiho
Gatame**



**Yoko Shiho
Gatame**



**Kami Shiho
Gatame**

Throws



O Soto Gari



Tai Otoshi



O Goshi



Ippon Seonage



O Uchi Gari